

Satellite cells and skeletal muscle characteristics in sarcopenia

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Stellingen behorende bij het proefschrift

Satellite cells and skeletal muscle characteristics in sarcopenia

Lex Verdijk, 16 oktober 2009

1. De daling in het aantal satellietcellen met veroudering is specifiek voor de type II spiervezels (dit proefschrift).
2. De veranderingen in spierkarakteristieken op heel lichaamsniveau bij sarcopenie zijn gerelateerd aan de veranderingen op spiervezelniveau (dit proefschrift).
3. Satellietcellen spelen een essentiële rol bij spierhypertrofie (dit proefschrift).
4. Bij voldoende eiwitinname (≥ 1.0 g/kg/d) is krachttraining een effectieve manier om spiermassa en spierkracht te verbeteren bij oudere mensen (dit proefschrift).
5. *Satellite cell pool size does matter* (Shefer G et al, Dev Biol 294, 50-66, 2006).
6. *When it comes to studying ageing and the means to slow it down, mice are not just small humans* (Demetrius L, EMBO Rep 6, S39-44, 2005).
7. De promotie van fysieke activiteit bij ouderen moet financieel gefaciliteerd worden.
8. *Exercise training increases brain volume in aging humans* (Colombe SJ et al, J Gerontol A Biol Sci Med Sci 61, 1166-1170, 2006).
9. *As life expectancy increases further in coming decades, the overarching goal for the year 2000 and thereafter should be an increase in years of healthy life with a full range of functional capacity at each stage of life* (Lamberts SW et al, Science 278, 419-424, 1997).
10. *Exercise is king, nutrition is queen, put them together and you have a kingdom!* (Jack Lalanne)
11. De neiging van de media om pakkende koppen te bedenken doet afbreuk aan de overdracht van kennis aan een niet-wetenschappelijk publiek.